

Veterans Bridge to Recovery: July 2021 Program Calendar

****Calendar is subject to change. Please watch for updates! ****

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Last Updated: 6/3/2021				1 0900: Community Meeting 1000: Peer Support	2 1000: Holiday Plans	3
4 <i>Happy 4th of July!!!</i>	5 VBR CLOSED DUE TO HOLIDAY	6 0900: Holiday Updates 1000: Emotion Regulation	7 0900: Community Meeting	8 0900: Community Meeting 1000: Peer Support	9 1000: Weekend Plans	10
11	12 0900: Weekend Updates 1000: Fake It Til You Make It	13 0900: Community Meeting 1000: Speech therapy – how can it help?	14 0900: Community Meeting	15 0900: Community Meeting 1000: Trauma Recovery 101 with Dr. Allison Battles	16 1000: Weekend Plans	17
18	19 0900: Weekend Updates 1000: Fake It Til You Make It	20 0900: Community Meeting 1000: Emotion Regulation	21 0900: Community Meeting	22 0900: Community Meeting 1000: Games Group	23 1000: Weekend Plans	24
25	26 0900: Weekend Updates 1000: Fake It Til You Make It	27 0900: Community Meeting 1000: Emotion Regulation	28 0900: Community Meeting	29 0900: Community Meeting 1000: Peer Support	30 1000: Weekend Plans	31

VBR info: **VBR website: www.minneapolis.va.gov/services/VBR.asp**
Main phone: 612-313-3240

Dr. Martina Rodgers (VBR Program Manager): 612-313-3286

Ben Fischer (Social Worker): 651-230-2132

Karey Mason (Registered Nurse): 651-373-5591

Michelle Kelly (Peer Support Specialist): 651-347-3616

Please reach out to your fellow veterans. Ask VBR staff for the VBR member contact list.